

CLAIMS

What is claimed is:

1. A method of treating or ameliorating an affected area
5 of the skin or hair comprising topically applying to the
affected area a PPAR stabilizer in an amount effective to
improve the aesthetic appearance of the affected area.

10 2. The method of claim 1, wherein the PPAR stabilizer is
perilla oil.

15 3. The method of claim 2, wherein the perilla oil is
perilla seed oil.

20 4. The method of claim 1, wherein the affected area of
the skin or hair is in a non-disease state and exhibits
characteristics associated with a condition selected from the
group consisting of: one or more blemishes, skin breakouts,
cellulite, oily skin, oily hair, oily scalp, and any combination
thereof.

5. The method of claim 4, wherein the condition is
cellulite.

6. The method of claim 4, wherein the condition is oily skin.

7. The method of claim 4, wherein the condition is oily hair or oily scalp.

8. The method of claim 4, wherein the condition is one or more blemishes.

9. The method of claim 4, wherein the condition is skin break out.

10. The method of claim 4, wherein the topical composition comprises from about 0.01 wt% to about 10 wt% of the PPAR stabilizer.

11. The method of claim 10, wherein the topical composition comprises from about 1 wt% to about 8 wt% of the PPAR stabilizer.

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12. The method of claim 4 wherein the PPAR stabilizer is perilla oil.

13. The method of claim 5, wherein the PPAR stabilizer is perilla oil.

14. A method of treating skin affected by acne comprising:
5 14 preparing a topical composition including: perilla oil having alpha-linolenic acid, and a suitable vehicle, and wherein the composition is applied in the absence of from 0.1 to 20 times of an amount of alpha-linolenic acid, based upon the weight of the eicosapentaenoic acid in the composition.

15. The method of claim 14, wherein the eicosapentaenoic acid is provided by fish oil having less than 5% or greater than 40% eicosapentaenoic acid, and the perilla oil comprises less than 30% or greater than 70% of alpha-linolenic acid.

16. The method of claim 14, wherein the topical composition further comprises a secondary component selected from the group consisting of:

- an estrogen synthetase stimulating compound;
- 20 a 5 alpha-reductase activity inhibiting compound;
- an exfoliation-promoting compound;
- an ultraviolet (UV) light protecting/sunscreen agent;
- a retinoid;
- a rexinoid;

a barrier function enhancing agent;
a collagen enhancing agent;
an elastase inhibitor;
a skin lightening agent;
5 an antioxidant;
a skin warming agent; and
any mixtures thereof.

17. The method of claim 14, wherein the topical
10 composition further comprises a secondary component selected
from the group consisting of:

an exfoliation-promoting compound;
an ultraviolet (UV) light protecting/sunscreen agent;
a retinoid;
a rexinoid;
a collagen enhancing agent;
an elastase inhibitor; and
any mixtures thereof.

20 18. A method of preventing, ameliorating or treating a
condition selected from the group consisting of blemishes,
breakout, cellulite, oily skin, oily hair, oily scalp, and a
combination thereof, comprising topically applying perilla oil
to an area of skin or hair affected by the condition in an

amount effective to improve the aesthetic appearance of the condition.

19. The method of claim 18, wherein the condition is
5 cellulite, and the perilla oil is applied to the affected area
of skin.

20. A method of treating a skin or hair condition
resulting from or accompanied by an upregulation of PPAR
10 receptors comprising:

topically applying perilla oil to the condition,
wherein the condition is selected from the group consisting
of cellulite, oily skin, oily hair, oily scalp, and a
combination thereof.

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JUL 22 1998